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24, 25 i 26 GENER 2025  
ENERO/JANUARY  
**ALCOI**

# ULTRA MEDITERRÀNIA





**PRO<sup>168</sup>**

+ 8.600 m

**RL2<sup>71/97</sup>**

+ 8.600 m

**MAX<sup>46</sup>**

+ 2.550 m

**EXP<sup>25</sup>**

+ 1.200m

**VRT<sup>5</sup>**

+ 500 m

**CXM<sup>16</sup>**

+ 550m

**STG<sup>86</sup>**

+4.250m

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ULTRA TRAIL DE LES MUNTANYES DE L'ALCOIÀ, EL COMTAT, LA VALL D'ALBAIDA I LA MARINA BAIXA

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TO MAKE SURE YOU ARE READING THE LATEST VERSION VISIT THE OFFICIAL WEBSITE OF THE  
EVENT [WWW.ULTRAMEDITERRANIA.COM](http://WWW.ULTRAMEDITERRANIA.COM)

THE REGULATIONS THAT PREVAIL WILL BE THOSE OF THE LAST UPDATED DATE.

[LINK TO UPDATED REGULATIONS](#)

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If you have reached this document that is because you are thinking of participating in ULTRA MEDITERRÀNIA. Before you continue reading the rules, we want you to know that the whole team that organises this event does it with a lot of effort, enthusiasm and passion, characteristics that help a lot to make it a success. However, we would like to remind you that we are still people and there may be something that is not to everyone's liking, which is why any recommendations for improvement expressed with respect will be well received.

*"umuntu, ngumuntu, ngabantu"*

## ULTRA MEDITERRÀNIA BASIC PRINCIPLES

*The respect you give others is a dramatic reflection of the respect you give yourself. Robin Sharma*

A basic principle of this event is **respect** for all the people who are part of it (security, organisation, participants, volunteers and the public), as well as for the flora and fauna of the landscapes through which it takes place.

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*While we are passing through, let's leave beautiful footprints*

Staying on the path and the marked areas will prevent the deterioration and erosion of our environment, allowing us to **enjoy** it for much longer.

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*Almost all good things that happen in the world are born out of an attitude of appreciation for others. Dalai Lama*

**Solidarity**, as a basic principle, is fundamental in this type of race and in life; first and foremost we will help any participant in any adverse situation.

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*Danger awareness is already half of safety and salvation. Ramón J.Sénder*

The organisation will ensure the general **safety** of the race and of the runners in particular, but as a mountain runner you must be aware that you are faced with many variables that directly affect your safety. You must not neglect the preparation (physical and mental), planning (schedules, distance, hydration, nutrition...), equipment (obligatory material, in good condition and adequate) and how to act in the face of any of these variables (weather, mental capacity, physical capacity, self-protection,...).

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*You don't get to the top by surpassing others, but by surpassing yourself.*

In a race of this distance it is obvious that it takes a long time to run and during this time you will encounter difficult situations, the ultimate goal of which is **self-improvement**. That is why each participant must look within themselves to find their own limits. Remember that preparation, programming and training are 90% of success.

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## REGULATIONS

### 1. ORGANISATION

The Club Ultra Trail Muntanyes de L'Alcoià i el Comtat, with tax identification code G67731984 and affiliated to FEDME with registration number 14.03.232, with the collaboration and support of the City Council of Alcoy and the municipalities that make up the Mancomunitat de L'Alcoià i el Comtat, organise the sporting event ULTRA MEDITERRÀNIA (Ultra Trail Muntanyes de L'Alcoià i el Comtat, La Vall d'Albaida i La Marina Baixa) to be held from 24th to 26th January 2025 in the geographical area of the mountain ranges of Serreta, Plans, Aitana, Serrella, Serra Almudaina, Benicadell, Montcabrer i Castellar, starting and finishing in the town of Alcoy (Alicante).

ULTRA MEDITERRÀNIA, consists of **seven mountain races: VRT 5k (5k-timed and 10k neutralised), CxM 16k (with an inclusive competition within the CXM 16k modality), EXP 25k, MAX 46k, PRO 168k, RL2 168k (relay modality 73k + 95k) and Stages 86k (VRT5 5k-timed and 10k neutralised + MAX46 + EXP25)** with an approximate route that will have a semi-sufficiency character, with solid and liquid refreshments and will run through the municipalities of Alcoy, Benifallim, Penàguila, Torre de les Maçanes, Alcoleja, Confrides, Benasau, Quatretondeta, Gorga, Millena, Balones, Benimasot, Planes, Beniarrés, Beniatjar, Otos, Muro d'Alcoi, Agres, Cocentaina. In addition to Banyeres de Mariola, which will host the 5k vertical race.

ULTRAMEDITERRÀNIA is a unique mountain race in the Iberian Peninsula and in the south of Europe, as it has 208 km of signposted routes. The routes run through 16 towns, 2 districts, 4 counties, 2 provinces and more than 8 summits of 1,000m through Mediterranean forests of great natural beauty.

In order to participate you must be over 18 years of age for the long-distance modalities and over 14 years of age for the VRT5 and 16K or Inclusive modality.

In case of any incident or doubt, the organisation will have the following email: [inscripciones@ultramediterrania.com](mailto:inscripciones@ultramediterrania.com)

### 2. DATES

The event will take place on 24, 25 and 26 January 2025.

### 3. PROGRAMME

Information will be posted on the website and social media the week before the event.

### 4. ROUTE AND MODALITIES

The itinerary covers mountain terrain, along paths and trails of Serreta, Plans, Aitana, Serrella, Serra Almudaina, Benicadell, Montcabrer and Castellar; each participant must be fully aware of the length and difficulty of the event, which may take place partly at night, under possible cold, rainy and windy weather conditions. Therefore, participants must ensure that their clothing, footwear and physical conditions are the most appropriate for the event.

The route will be marked by the organisers with brightly coloured markers, flags and other signposting elements located at regular intervals depending on the type of terrain and paths. Each participant will be responsible for locating and following the signposting.

The organisation obliges all runners to know the route of the race in all its modalities and recommends to load the gpx tracks of the different distances in the personal gps watch to avoid mishaps and to avoid leaving the circuit. In addition, to master the gps personal navigation watch, and its option "routes" for correct navigation when overcoming complex sections and sectors.

The sections of the route that run along roads or streets of towns and villages will not be closed to traffic and participants must abide by the general traffic regulations or the instructions of the organisers. It will be compulsory to cross the roads at the places set up for the occasion and duly signposted.

It will be compulsory to follow the marked itinerary, as well as to pass through the established controls.

The organisers will set up as many surprise controls as they deem appropriate along the route. The runner who does not pass through them will be disqualified/penalised.

The Organisers will publish a routometer for the different modalities so that runners can organise and programme their race, locate refreshment posts, checkpoints, towns, rest areas, road crossings, gradients, etc.

The following **maximum throughput times and cut-off times** have been established. Those runners who exceed the time limit will be disqualified; they must follow the instructions of the organisers.

MODALITY	MINIMUM AGE	DAY	DEPARTURE SCHEDULE	DEPARTURE LOCATION	<i><b>!NEW!</b></i> CUTTING TIME	MAXIMUM TIME
<b>PRO 168</b> 8.600m d+	18	24/01/25	14:00	Plaça Ferràndiz i Carbonell 03801 Alcoi <a href="#">LOCATION LINK</a>	Gorga 15h51m	39h05m
<b>RL2</b> (73k + 95k) 8.600m d+	18	24/01/25	14:00	Plaça Ferràndiz i Carbonell 03801 Alcoi <a href="#">LOCATION LINK</a> Gorga (Finish-Start Relay)	Gorga 15h51m	39h05m
<b>VRT 5</b> 5K 500 d+ (10k neutralised)	<b>14</b> <i>iNew!</i>	24/01/25	17:00	Plaça Major. 03450 Banyeres De Mariola <a href="#">LOCATION LINK</a>	—	2h00min
<b>MAX 46</b> 2500 d+	18	25/01/25	09:00	Plaça Matzem 03839 Muro d'Alcoi <a href="#">LOCATION LINK</a>	—	10h00min
<b>EXP 25</b> 1100 d+	18	26/01/25	9:00	Plaça Ferràndiz i Carbonell 03801 Alcoi <a href="#">LOCATION LINK</a>	—	4h30min
<b>CxM 16</b> 500 d+ <b>INCLUSIVE</b>	<b>14</b> <i>iNew!</i>	26/01/25	10:30	Plaça Ferràndiz i Carbonell 03801 Alcoi <a href="#">LOCATION LINK</a>	—	4h00min
<b>STAGE 86</b> 4000 d+	18	VERTICAL RACE 5K (5k timed, 10K neutralised) + MAX 46K + EXPERT 25K				
<b>APPROXIMATE TIMES OF PASSING AND DEFINITIVE CLOSING TIMES IN THE ROUTOMETRE: ANNEX II</b>						

## 5. SUSPENSION AND WITHDRAWALS

The organisers may suspend the race if weather conditions make it advisable or for other force majeure reasons (alert 3 or similar).

If the race should be interrupted and suspended at any point along the route, the classification will be determined according to the order and time of arrival at the point of interruption or, failing that, at the last official timing control carried out.

If a participant decides to abandon the competition, he/she must do so at a refreshment point or checkpoint.

The preferred abandonment points are Alcoleja, Benasau, Gorga, Beniarrés, Beniatjar, Muro d'Alcoi and Cocentina, the only places where evacuation to the finish line by vehicle is guaranteed. The rest of the controls will indicate where to go, except in the case of injury, when the emergency device will be activated.

## 6. SELF-SUFFICIENCY

The races take place in a limited maximum time, in ONE STAGE and in a SEMI-AUTO SUFFICIENCY regime.

For this reason, the participant must be able to organise and guide their own survival between the different refreshment posts, in terms of food, clothing or safety, allowing for the unaided resolution of possible foreseeable problems in a complicated mountain environment.

Given the semi-sufficiency nature of the race, each runner must foresee and carry the amount of food, drinks, salts and complements that he/she deems necessary to be able to complete the route. A minimum indicated in the table of obligatory material is established.

As support, the Organisation will provide the following refreshment posts with drinks and food in reasonable quantities that the runners will have to consume on the spot.

**The organisation will not provide glasses, plates or cutlery at the refreshment posts, being obligatory material in the backpack of each participant in the modalities PRO 168K and RL2 73k+95k. Also in the MAX 46K modality if you plan to eat pasta or rice at the refreshment post for this purpose (Les FoietesShelter 33km refreshment post).**

In both the **PRO 168K and RL2 73k+95k modalities** it will be allowed to receive **external help during the race but only in the refreshment posts specified by the organisation** (being penalised the participant or participants who receive it outside these posts).

The organisation will publish the exact location of the refreshment posts on the website and RRSS, as well as the food you can find in each one of them.

[LINK TO REFRESHMENT](#) (TO BE PUBLISHED)

**It is the obligation of each participant to take their waste to the finish line or to the places indicated by the Organisation.** Any runner who does not deposit them or who throws them in an unprepared area will be disqualified.

## 7. COMPULSORY MATERIAL

Each participant must carry the compulsory equipment according to the modality:

COMPULSORY MATERIAL	PRO 168K RL2 168K	MAX 46K	EXP 25K - CXM 16K - INCLUSIVE	VRT 5K
BASIC KIT		STAGE		
Backpack to carry the obligatory equipment during the race.	x	x		
Personal glass of at least 15cl plus flasks or containers with a stopper.	x	x	x	x
Plate and cutlery.	x	<b>X New!</b> In case you want to eat pasta or rice during the race		
2 headlamps in good working order with batteries or spare batteries for each lamp with red back light. Recommendation: 200 lumens or more for the main lamp.	x	x (1 headlamp)		x (1 headlamp)
Identity card (photocopy may suffice).	x	x		
Survival blanket 1.40m x 2m. Thermal bag recommended.	x	x	x (in case of rain or extreme weather)	
Mobile phone usable in Spain (you must save the organisation's security numbers in contacts, keep the phone switched on, do not hide the number and do not forget to carry another charged battery).	x	x	x (in case of rain or extreme weather)	
GPS watch or mobile phone with race track.	x	x	x	x
Whistle	x	x		

NUTRITION AND HYDRATION KIT	PRO 168K RL2 168K	MAX 46K	EXP 25K - CXM 16K - INCLUSIVE	VRT 5K
		STAGE		
Water reserve of 1l minimum (bottles are valid for this purpose or backpack tank if preferred or bottles with cap. Your choice).	x	x	x (15k 500ml)	
Food reserve recommendation: 600 kcal - 800 kcal (For example: 2 gels + 2 energy bars + 1 isotonic sachet + some natural energy food).	x	x	x (only 200 kcal)	

CLOTHING KIT - UPPER	PRO 168K RL2 168K	MAX 46K	EXP 25K - CXM 16K - INCLUSIVE	VRT 5K
		STAGE		
A hooded jacket that can withstand bad weather in the mountains and that is made of a waterproof and breathable membrane with a water column of:	X (membrane 20.000)	X (membrane 10.000)	X (membrane 10.000)	X (membrane 10.000)
<p><u>Characteristics:</u></p> <p>The jacket must have an integrated or attached hood with a system originally provided by the manufacturer. The seams must be welded and the jacket must not have any parts made of non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter the waterproofing, are accepted. It is the responsibility of the runner to judge, according to these criteria, whether their jacket is adapted to the regulations and therefore to bad weather in the mountains. However, in a control, the judgment of the person in charge of the control or that of the commissary shall prevail.</p>				
Additional second thermal layer: a second long-sleeved thermal layer garment (cotton excluded) bagged to prevent it from getting wet.	X	X (in case of rain or extreme weather)		
Warm waterproof gloves or waterproof overglove.	X	X (in case of rain or extreme weather)		
Hat	X	X (in case of rain or extreme weather)		
Cap or bandana or Buff®	X	X	X	
CLOTHING KIT - LOWER	PRO 168K RL2 168K	MAX 46K	EXP 25K - CXM 16K - INCLUSIVE	VRT 5K
		STAGE		
Waterproof trousers (not long leggings)	X (membrane 10.000)	X (membrane 10.000)		
Long leggings	X	X		

Note: The above list specifies the compulsory equipment as kind of example. The race organisers reserve the right to modify the material depending on the weather forecast and other needs, with the final compulsory list being published on the website and social media in the days prior to the event.

The use of walking sticks is allowed, and the abandonment of these is permitted only at the PRO 168k and RL2 168K life points. For the rest of modalities it is not permitted to abandon or hand them over anywhere along the route. Any runner who fails to comply will be penalised. A broken pole may be left at the refreshment points.



**Transport of 168K PRO bags**

Each Ultra 162K runner will receive, together with the race bib, two bags in which they will be able to put any material they may need and will be transported to the refreshment points of Gorga (km.65) and Muro d'Alcoi (km.115).

These bags, appropriately identified with the label provided by the Organisation, and closed without anything sticking out, will be delivered before the start at the point provided for this purpose. The bags will be transported by the Organisers to the refreshment point, so that the runners can collect the material they need from the bag and then deposit the surplus material in it.

The bag must also be closed without anything protruding to be sent back to the finish area, once it has been used. The transport of the bags once the runner has passed through the refreshment point will not be immediate, but will be transported at the close of such refreshment point, and it may happen that the runner arrives at the finish line before his bag and will therefore have to wait.

The bags can be collected until the finish line closes, on Sunday until 15:00.

## 8. REQUIREMENTS FOR ALL PARTICIPANTS AND COMMITMENTS

To participate in **ULTRAMEDITERRÀNIA 2025**, the following requirements must be met:

### REQUIREMENTS FOR ALL THE PARTICIPANTS AND COMMITMENTS

- **To know and accept the conditions of these regulations.**
- To know and accept the **conditions of registration**. See Registration.
- **To have completed the registration correctly.**
- To have accepted the **informed consent** at the time of registration (Annex I).
- To carry the minimum **technical survival material** and nutritional supplementation and hydration. **See specific table in the obligatory material article.**
- All runners are **obliged to use the timing chip**. It is also highly advisable to carry a GPS watch or mobile phone with the race *track*.
- To be fully aware of the length and specificity of the race, and be perfectly prepared for it.
- To have acquired, before the race, a real capacity for personal autonomy in the mountains that will enable you to manage the problems inherent to this type of event, in particular:
  - Know how to face weather conditions that may be very difficult due to the altitude (night, wind, cold, fog, rain or snow) without outside help.
  - Know how to manage, even in isolation, physical or mental problems caused by fatigue, digestive problems, muscular and/or joint pain, minor injuries, etc.
  - Be fully aware that the role of the organisation is not to help participants to manage their problems.

- Be fully aware that for such an activity in the mountains, safety depends first and foremost on the ability of each participant to adapt to problems, whether foreseeable or not.
- Inform and raise companions' awareness about respect for the territory, the people and the rules of the race
- No animals and/or pets may participate in any of the modalities due to respect for the rules of the natural parks and protected areas.

MODALITY	SPECIFIC REQUIREMENTS
<p><b>PRO 168K</b></p> <p><b>RL2 168K</b></p>	<ul style="list-style-type: none"> <li>● Be <b>18 years of age</b> on the day of the race.</li> <li>● <b>Experience: to have participated and finished at least 1 mountain ultra trail race of more than 50 km or 2 mountain marathons in 2023, 2024.</b> For this, during registration, the runner must indicate the link to the official classification of the race/s in which they have participated, time, kilometres and elevation gain. To be justified before 30 December 2024</li> <li>● To have accepted the <b>informed consent</b> at the time of registration (Annex I).</li> <li>● All runners will be <b>obliged to use the timing chip and the security device</b> for tracking the race which will be provided by the organisation. It is also <b>compulsory to carry a GPS watch or mobile phone with the race track.</b></li> <li>● A <b>deposit of €50 or €30 in case of having the right amount in cash or an original ID or DRIVER'S CARD must be left</b> at the bib pick-up to cover the security device. This deposit will be returned in the bib area.</li> </ul>
<b>VRT 5k</b>	<ul style="list-style-type: none"> <li>● Be <b>14 years of age</b> on the day of the race.</li> <li>● To have accepted the <b>informed consent</b> at the time of registration (Annex I).</li> </ul>
<b>MAX 46k</b>	<ul style="list-style-type: none"> <li>● Be <b>18 years of age</b> on the day of the race.</li> <li>● <b>It is recommended to have participated in a race of more than 21 km in the last year.</b></li> <li>● To have accepted the <b>informed consent</b> at the time of registration (Annex I).</li> </ul>
<b>EXP 25k</b>	<ul style="list-style-type: none"> <li>● Be <b>18 years of age</b> on the day of the race.</li> <li>● To have accepted the <b>informed consent</b> at the time of registration (Annex I).</li> </ul>
<b>CxM 16K + INCLUSIVE</b>	<ul style="list-style-type: none"> <li>● Be <b>14 years of age</b> on the day of the race.</li> <li>● To have accepted the <b>informed consent</b> at the time of registration (Annex I).</li> <li>● The participant with functional diversity does not need to meet the age requirement.</li> </ul>

## 9. TROPHIES, CASH-TECHNICAL PRIZES AND CATEGORIES (Male and Female categories)

- **Official competition rules:** To be eligible for cash prizes and/or technical prizes it is compulsory to compete in the race trying to arrive before the accompanying runner. In the case of arriving together, the timing will prevail for the classification.
- Trophies will be awarded in the categories **PRO 168K, RL2 PRO 168, MAX 46K, EXP 25K, CXM 16 and INCLUSIVE** and **VRT 5k** in the following categories.
- In **RL2 168K**, there will only be the following classification:

<b>RL2 168K 73/95</b>	The first 3 pairs in each category. The categories will be <b>male, female and mixed</b> . For there to be competition there must be a minimum of 3 pairs per category. All registered runners will be duly informed before the competition.
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- **Cash prizes** will be awarded to the top male and female finishers in the absolute category of the **PRO 168k and MAX 46k categories**. The podium finishers in the **RL2 168K, EXP 25K, CXM16K + INCLUSIVE** and **VRT 5K** categories will be awarded prizes in **technical material**.

CATEGORY	MASC./FEMEN.	PRIZE
<b>ABSOLUTE PRO168k MAX 46k</b>	1st classified	200€
	2nd classified	120€
	3rd classified	60€
<b>ABSOLUTE RL2 168, EXP25K, CXM 16k + INCLUSIVE JOLETTE/BLIND PARTICIPANTS, VRT 5K</b>	1st classified	Technical Material
	2nd classified	Technical Material
	3rd classified	Technical Material

- The categories of the ULTRAMEDITERRÀNIA modalities are the following:

CATEGORY	TROPHY
<b>ABSOLUTE</b>	First three classified (male and female)
Sub-category <b>JUVENILE</b>	First three classified (male and female) from 14 to 17 years old on the day of the race and only in the VRT 5K and CXM 16K modalities.
Sub-category <b>SENIOR</b>	First three classified (male and female) up to 39 years of age on the day of the test.

Sub-category <b>VETERAN</b>	First three classified (male and female) between 40 and 49 years of age on the day of the test.
Sub-category <b>MASTER</b>	First three classified (male and female) from 50 years of age on the day of the test.
<b>STAGES</b>	First three classified (male and female) (when adding up the time of the three modalities)

Note: **The winners of the absolute category also count in the subcategories to which they belong.** The age to be taken into consideration for ULTRAMEDITERRÀNIA will be the age of the participant on the day of the race.

## 10. DISQUALIFICATION AND PENALTY

As these are long distance races, safeguarding the safety and integrity of the participants takes precedence over everything else.

The race organisers or those in charge of each checkpoint and refreshment post, have the power to enforce the regulations along the route, and may apply penalties according to the following table:

INFRACTION	PENALTY
To oppose any possible anti-doping controls that the organisation may demand in the different UTMD modalities.	Immediate disqualification and penalty for 4 years for future registrations.
Cheating (e.g.: using a means of transport to move forward, cut back).	Immediate disqualification and penalty for 2 years for future registrations.
To give the bib to an athlete not registered in UTMD to participate fraudulently.	Penalty for 4 years for future registrations
Violations against the environment	Immediate disqualification and penalty for 2 years for future registrations
Disrespect towards others (participant/organisation) by the participant	Immediate disqualification and penalty for 2 years for future registrations
Disrespect towards others (participant/organisation) by the participant's companions	Immediate disqualification and penalty for 2 years for future registrations
Failure or refusal to obey the instructions of the organisers/health personnel.	Immediate disqualification and penalty for 2 years for future registrations
Any situation, behaviour or attitude detailed in Annex III: Prevention of sexual violence	Immediate disqualification and penalty for 2 years for future registrations
Not going through the start control	Immediate disqualification and penalty for 2 years for future registrations

Opposing the control of compulsory equipment	Immediate disqualification and penalty for 2 years for future registrations
Lack of obligatory safety equipment (see point on compulsory material).	Immediate disqualification
Littering or throwing rubbish outside the designated places.	Immediate disqualification
Failure to assist a person in difficulty, e.g. failure to help a participant requesting help	Immediate disqualification
Unauthorised outside assistance outside the designated locations.	Immediate disqualification
Being accompanied on the course by people not registered for the race or by animals.	Immediate disqualification
Failure to pass through a checkpoint	Immediate disqualification
Demanding assistance without needing it	Immediate disqualification
Leaving a checkpoint after the time limit	Immediate disqualification
Refusing to carry the GPS radio beacon or intentionally tampering with the beacon	Immediate disqualification
Not wearing a visible or folded race-bib.	1 h
Wearing a bad bib: broken.	1 h
Leaving walking poles in places that are not permitted. It is only permitted to leave poles at the life points of the PRO 168K and the RL2 168K. In the other categories they must be carried to the finish line.	1 h
Dangerous attitudes (e.g. carrying poles without protection and pointing them at participants or spectators, overtaking without respecting the opponent, etc. )	1 / 2 h

Penalties other than disqualifications will be added to the finish time.

Any participant may be subject to an anti-doping control during or at the finish of the race. In the event of refusing such a test, the runner shall be penalised as if he/she had doped and shall be disqualified accordingly.

## 11. PREVENTION OF SEXUAL VIOLENCE

We declare **zero tolerance towards violence** and we want to guarantee the right of all female runners to enjoy a safe and healthy sporting environment, free from all types of violence, including sexual violence, assuming responsibility for the protection and safeguarding of their rights. In Annex III are the situations, behaviours and attitudes that involve sexual violence, are therefore **considered unacceptable at Ultramediterrània** and which would result in the immediate disqualification of the runner as well as a 2-year penalty for future entries (see Annex III).



## 12. RACE BIBS, WRISTBAND, CLOAKROOM AND OTHER SERVICES

### RACE BIBS

Bib bibs are issued **personally** (they cannot be collected by a third person on behalf of the runner) to each runner on presentation of:

- ID with photograph or passport
- The federative license if you are a member of a federation.

The bib must be worn on the chest or belly and must be permanently visible in its entirety together with the event wristband. The bib must therefore always be positioned on top of any clothing and under no circumstances may it be attached to the backpack (or similar) or a leg. The name and logo of the partners must not be modified or hidden. The race bib is the necessary pass to access the buses, refreshment posts, infirmaries, rest rooms, showers, bag deposit or recovery areas. The race bib will never be taken away except in the case of refusal to obey the decision of a race leader. In case of abandonment, it will be cut off and deactivated.

The official places to collect your bib number are:

1.- **University Pavilion - UPV Alcoy** from Thursday at 18:30h until Sunday at 08:45h. There are time slots during this period when it will not be possible to collect the bibs. To know the time slots, please consult the UTMD (Rock the Sport) registration platform.

In the UPV - Alcoi pavilion you will be able to pick up the **bibs of all the modalities** from the time and day indicated. Place of collection: [ALCOI BIB COLLECTION LINK](#)

2.- Only for participants of the VRT 5K in Banyeres de Mariola: Plaça Major in the Town Hall, next to the neutralised start of the vertical race. **To pick it up in Banyeres de Mariola** and not in Alcoi, you must click on the tab provided for this purpose on the registration platform. Place of collection: [BANYERES DE MARIOLA BIB COLLECTION LINK](#)

3.- Only for participants of **MAX 46K from Muro d'Alcoi** to Alcoi: Plaça Matzem in Muro d'Alcoi, next to the start of the marathon. To pick it up in Muro d'Alcoi and not in Alcoi, click on the tab provided for this purpose on the registration platform. Pick up place: [MURO D'ALCOI BIB COLLECTION LINK](#)

### BIB COLLECTION TIMETABLE

DAY	TIMETABLE	MODALITY	LOCATION
THURSDAY 23-01-25	18:30 - 20:00	ALL*	EPSA-UPV PAVILION
FRIDAY 24-01-25	12:00 -13:00	ALL*	EPSA-UPV PAVILION
	18:00 – 20:00	MAX 46K EXPERT 24K CxM 16K + INCLUSIVE	EPSA-UPV PAVILIION
	15:45 – 16:30	VERTICAL 5K & STAGE	PLAÇA MAJOR BANYERES DE MARIOLA

SATURDAY 25-01-25	6:15 - 8:15	MAX 46K	PLAÇA MATZEM MURO D'ALCOI
	11:00 -13:00 y 17:30 - 20:00	EXPERT 24K CxM 16K + INCLUSIVE	EPSA-UPV PAVILION
SUNDAY 26-01-25	07:00 - 09:00	EXPERT 24K CxM 16K	EPSA-UPV PAVILION

\* preference (VERTICAL 5K, STAGE, PRO 168K and RL2 168k)

## WRISTBAND

Together with the delivery of the race bib, the runner will be given a **personal and non-transferable wristband**. For this reason, **it must be the runners themselves who must personally collect the bib**, and no other person may go on their behalf. The runner must not remove their wristband during the race or in order to access the final refreshment point, showers, cloakroom, etc. If the runner participates in more than one modality or in Stages, they must wear it on all days. In the event of breakage, the runner must inform the organisation so that it can be replaced.

## CLOAKROOM

There will be a cloakroom service for participants, which will open one and a half hours before the start of the race and will close thirty minutes before the start of the race. The bags must be perfectly closed and without loose objects on the outside. To make use of the cloakroom service it will be essential to present the race bib and ID card. Only one bag per participant will be admitted.

To collect the bag, once the race has finished, it will be necessary to present the race bib and ID card, or proof of the organisation. Under no circumstances will forgotten bags be sent to any destination.

The organisation accepts no responsibility for any valuables that may be contained in the bags deposited.

In the MAX 46K there will be a cloakroom service to leave backpacks properly closed. These backpacks will be taken to the finish line by the organisers to the UPV University Pavilion - Plaza Ferrándiz y Carbonell.

## OTHER SERVICES

According to the modalities and days prior to the event, parking areas, changing rooms, showers and their location will be published.

# 13. RESPONSIBILITIES

The organisation is not responsible for any claims or lawsuits resulting from damages that may occur to participants, companions, supporters, as well as loss, damage or misplacement of materials, outside the insurance coverage contracted by the organisation. Participants must sign any documents that may be required to evidence more clearly any section of the race regulations.

Participants registered in 168K PRO, RL2 168K, 46K MAX, 24K EXPERT, 5K VERTICAL, 16k CXM and INCLUSIVE understand that they participate in the competition voluntarily and under their own responsibility. Therefore, they exonerate, renounce, exempt and agree not to denounce the organising entity, collaborators, sponsors and other participants, from any civil responsibility towards the participants and their heirs.

## 14. INFORMATION ON PERSONAL DATA COLLECTION

By registering for ULTRAMEDITERRÀNIA in any of its modalities, participants give their consent for the Club Ultra Trail Muntanyes de l'Alcoià i El Comtat, by itself or through third parties, to automatically process their personal data for sporting, promotional or commercial purposes.

In accordance with the provisions of Organic Law 15/1999, of 13 December, on the Protection of Personal Data, the participant has the right to access these files in order to rectify or cancel all or part of their content. To do so, a written request must be made to the registered office of the Club Ultra Trail Muntanyes de l'Alcoià i El Comtat, C/Ferràn el Católic (bajo) apartado 03804, Alcoy, (Alicante).

Likewise, and in accordance with the sporting, promotional, distribution and exploitation interests of ULTRAMEDITERRÀNIA for the whole world (reproduction of photographs of the race, publication of ranking lists, etc.) by means of any device (Internet, advertising, etc.) and without time limit, those registered expressly grant the organisation the right to reproduce the name and surname, the place obtained in the general classification and the participant's own classification, the category, the sports mark achieved and their image.

### REGISTRATION BY A PERSON OTHER THAN THE PARTICIPANT (SPORTS CLUBS AND OTHERS)

In the event that registration for the event is made by a person other than the participant in the race (such as a sports club in respect of its members or a family member of the participant), the applicant for registration guarantees that have the informed consent of the participants they are registering for the processing and transfer of their personal data under the terms set out in this privacy policy contained in these Race Regulations.

## 15. PROJECTS: TERRES DE TRAIL

We have always been committed to Inclusion and Equality in all editions of ULTRAMEDITERRÀNIA and its corresponding trainings and interclubs days, because we want to encourage the practice of trail running, and help to eliminate many barriers to access to high mountain competition. Our new UTMAC strategic plan for the 2024/2025 season includes the following projects that aim to **PROMOTE SUSTAINABILITY, SOLIDARITY AND SOCIAL INCLUSION IN MOUNTAIN SPORT**:

- **'SOM DONES. TERRES DE TRAIL' (WE ARE WOMEN).** Eliminating barriers for women in trail running. This plan includes, among many other points:
  - Making feminine hygiene products available to female runners at some of the refreshment posts for long-distance events.
  - Providing women runners with their own space at the start line.
  - Training sessions, talks on women's health, colloquiums and workshops.
- **SOM INCLUSIUS. TERRES DE TRAIL. JUNTS PODEM' (WE ARE INCLUSIVE).** To encourage the participation of people with functional mobility, chronic illnesses or visual impairment through twinning days and the inclusive competitive modality CxM 16k.

- **'SOM SOSTENIBLES. TERRES DE TRAIL' (WE ARE SUSTAINABLE):** we have signed the sustainability programmes promoted by the Spanish Trail Running Association and the International Trail Running Association (ITRA) with the aim of making the event more sustainable, clean and environmentally friendly.

## 16. SOLIDARITY

The race has a solidarity purpose with the Association **ALCOIÀ COMTAT FENT CAMÍ** (Alcoi) with the aim of defraying the costs of purchasing a **JOËLETTE CHAIR** to promote and integrate people with functional diversity, so that they can all enjoy the mountain, sport and nature. Our Solidarity Plan **'SOM INCLUSIUS. TERRES de TRAIL'** published on the UTMAC Club website details the commitments and actions to be followed for the 2024/25 season.

## 17. SIERRA DE MARIOLA NATURAL PARK RULES OR AREAS WITH FAUNA/FLORA MICRO-RESERVE GVA

These rules, which are compulsory for all participants, are established in order to keep these special and unique natural spaces in perfect condition.

It is not allowed:

- Light fires or throw burning objects.
- Pulling up and/or destroying plants.
- Capturing, killing or disturbing wildlife species.
- Littering.
- Passing through restricted access areas.
- Travelling off-road.

## 18. COMPLAINTS

Race claims shall be submitted in writing only to the organisers. The deadline shall be within 2 hours of the publication of the provisional rankings which will be displayed on the official website of the event. The resolutions of such claims will be dealt with and communicated within a maximum period of two months after the end of the event.

## 19. ACCEPTANCE OF REGULATIONS, INFORMED CONSENT AND CONDITIONS OF REGISTRATION

*SEE ANNEX I*

Participants at the time of completing the registration agree to abide by these regulations and acknowledge that they are aware of everything specified in the attached documents of informed consent and conditions of registration. For all matters not covered in these regulations, this race will be based on the provisions of the Regulations of Mountain Races of the Spanish Federation of Mountain Sports and Climbing (FEDME).

ECO-RESPONSIBLE RACE ULTRAMEDITERRÀNIA assumes the condition of Eco-Responsible race. This type of race is one that respects the mountain at all times and aims to have the least possible impact on the environment and to raise awareness of the need to protect an exceptional natural environment.

The organisation goes beyond the existing regulations so that the race becomes a reference model, and that the attitude of the participants becomes an example for all runners, hikers and visitors.

The route runs along tracks, paths and trails frequently travelled inside and outside the Serra de Mariola Natural Park that run through the regions of l'Alcoià i el Comtat, la Marina Baixa and la Vall d'Albaida.

During the event, staff from the Natural Parks and the organisers will monitor the route to check the behaviour of the participants and visitors, who are used to keeping the mountain in its natural state.

For this reason, the organisers will ensure strict compliance with the rules of respect and conservation of the territories, with the aim of ensuring that in no case will there be any alterations to the route, nor any type of dumping or waste.

To this end, the refreshment and waste deposit areas will be properly signposted.

Outside these areas, participants will have to carry their waste to the finish line as any normal hiker would do.

At the end of the race, the race organiser undertakes to check the entire circuit to remove any waste and assess the state of the course, as well as to apply any corrective measures that may be necessary to maintain the course in perfect condition.

## 20. REGISTRATION

The opening date for entries will be 18 June 2024 and will end on 09 January 2025 or when the total number of entries is reached with a maximum of 1,200 participants. There will be a preferential registration period for runners who have participated in previous editions.

Registration entitles runners to:

- **Participate** in the chosen modality.
- Finisher **medal** in all categories.
- Finishers' gift in all modalities: top-of-the-range
- **GPS control** in Ultra PRO 168K and RL2 168k modalities.
- **Runner's bag**.
- Race bib and control chip.
- **Intermediate refreshment points**: liquid and solid refreshments (with vegan and gluten-free options). In the most demanding categories (PRO, RL2 and 46K) additional meal ticket.
- **Full provisioning** at the end of the race (with vegan and gluten-free options).
- **Showers** at the end of the race.
- Luggage **storage** at the finish line and transport of material to the refreshment posts specified in the regulations (168K and RL2 168K).
- Downloadable **diploma**.



Fees and registration deadlines are as follows:

MODALITY	DEADLINES	PRICE
<b>168K PRO</b> (75 places)	24/06/24 to 31/08/24	180€
	01/09/24 to 27/10/24	190€
	28/10/24 to 08/01/25	200€
<b>RL2</b> (30 couples)	24/06/24 to 31/08/24	105 (x 2)€
	01/09/24 to 27/10/24	115 (x 2)€
	28/10/24 to 08/01/25	125 (x 2)€
<b>5K VERTICAL</b> (120 places)	24/06/24 to 31/08/24	21€
	01/09/24 to 27/10/24	25€
	28/10/24 to 08/01/25	29€
<b>46K MAX</b> (300 places)	24/06/24 to 31/08/24	55€
	01/09/24 to 27/10/24	62€
	28/10/24 to 08/01/25	69€
<b>25K EXPERT</b> (300 places)	24/06/24 to 31/08/24	32€
	01/09/24 to 27/10/24	37€
	28/10/24 to 08/01/25	43€
<b>16K CxM</b> (200 places)	24/06/24 to 31/08/24	25€
	01/09/24 to 27/10/24	29€
	28/10/24 to 08/01/25	34€
<b>STAGE</b> <b>15K+46K+25K (86k)</b> (75 places)	24/06/24 to 31/08/24	99€
	01/09/24 to 27/10/24	114€
	28/10/24 to 08/01/25	129€
<b>16K CxM</b> <b>INCLUSIVE</b> (120 places)	24/06/24 to 31/08/24	18€
	01/09/24 to 27/10/24	20€
	28/10/24 to 08/01/25	22€

**Sports insurance**

The mountain federation members at national, regional or international level, must upload the image file with the federative 2025 before the date indicated on the registration platform. The document can be uploaded at a later date and is not essential at the time of registration: you can edit your registration to upload this document from the email received when you register for the first time.

Runners who have private sports insurance can upload the image of the insurance policy with their personal details, as long as the private insurance is valid on the day of the race. No insurance policies will be accepted outside this period. Private insurance coverage for a mountain race such as UTMD 2025 must be reviewed by the insured. The UTMAC-UTMD Club will not be held responsible for any accidents not covered by the runner's insurance.

Runners without insurance must take out the sports insurance offered by UTMD at the time of registration:

Cost of accident insurance	
PRO 168K, RL2 (per runner)	12€
STAGES 86K	12€
MAX 46K	9€
EXPERT 25K	7€
CxM 16K + INCLUSIVE	6€
VRT 5K	6€

**Note for federated participants:** the federative license must be valid for the year 2025, which is the date on which the race will take place. **This must be submitted by 6 January 2025.**

**Change of ownership of the bib or of modality**

During the period in which registrations are open and until 30 November 2024, it will be possible to request a change of ownership (bib transfer) or change of modality.

The cost of this service will be 10% with a minimum fee of 5€.

**Refund policy on request**

To request a refund you must send a request by email to [inscripciones@ultramediterrania.com](mailto:inscripciones@ultramediterrania.com) or request it from your registered user area on the registration platform.

Returns will be handled according to these instructions:

- **With cancellation insurance:**

- The full registration fee will be refunded up to 15 December.
- After 16 December there is no right to a refund under any circumstances.

Cost of cancellation insurance	
PRO 168K, RL2 168	12€
STAGES	12€
MAX 46K	12€
EXPERT 25K	6€
CxM 16K + INCLUSIVE	6€
VERTICAL 5K	6€

- **Refund without cancellation insurance:**

- From 18 June to 8 December, a refund of 60% of the registration fee can be requested only in case of injury and only if the official medical certificate, signed by the doctor and with the registered medical number, is sent.
- **New!** From 18 June to 8 December, in accordance with our Equality and Coexistence Plan, **pregnant women** after the registration process will have a deferment of up to two years or a full refund of the subscription fee.
- From 9 December onwards, no refund will be given for any reason except for reasons beyond the organisation's control (see next point).

- **Refund policy for cancellation of the race for reasons beyond the organisation's control:**

If the event is cancelled more than fifteen days prior to the event for any reason (Covid-19, administrative licenses, meteorological, health or any other reason), the bib can be reserved for the next edition or a refund can be requested under the following conditions:

1. Those registered with contracted refund insurance will receive the full registration fee until 15 December, after this date they will receive 60% of this amount.
2. Those who have not taken out a refund insurance and do not wish to reserve their race bib for the next edition will receive 40% of the amount paid.

In the event of suspension of the race in a period of less than 15 days before 24 January 2025 and without the race having started, the organisation will reserve the race bib for the next edition or date, with no option to refund the registration fee.

## 21. AMENDMENTS

If necessary, the organisers may modify, correct or improve these regulations at any time, as well as its routes, in order to adapt them to the regulations or circumstances of the event at the time. By registering, the participant is obliged to abide by these rules and any modification to them.

All modifications or adaptations to the rules will be announced via Social Media and website.

## ANNEX I ULTRAMEDITERRÀNIA INFORMED CONSENT

Please read this document "REGULATIONS" carefully, as by completing the registration, you accept and sign it, and you acknowledge that you are aware of its contents.

I, as a future participant in any of the races of the I ULTRAMEDITERRÀNIA, accept and certify:

1. That I am physically well prepared for this ultra-endurance race, that I am in good health without suffering from any illness, physical defect or injury that could be aggravated by my participation in this race. If, during the race, I suffer any type of injury or any other circumstance that could seriously damage my health, I will inform the organisers as soon as possible.

2. That I am aware that this type of competition, taking place in the mountains, where there are places that are difficult to control and access, entails an additional risk for the participants. Therefore, I attend of my own free will and initiative, assuming all the risks and consequences derived from my participation.

3. That I have the physical and technical ability and sufficient resources to guarantee my own safety, under the semi-sufficient conditions in which the event takes place, as well as the knowledge of the place through which it takes place, a protected Natural Area.

I am aware that the mountains through which the route takes place are complicated at all times of the year but running in winter and at night makes them more severe, as the night diminishes the perception of the terrain and demands more attention on the more technical sections, so I will value and be aware of what I am going to undertake, knowing and accepting these difficulties and specific dimensions.

4. I must know how to manage, even if I am alone, physical or mental problems resulting from fatigue, digestive problems, muscular or joint pain, as well as minor injuries. This clearly and consistently assumes that I have sufficient capacity to solve the foreseeable problems that I will encounter, remedying them with the obligatory equipment or other equipment of my own that I may be expected to need.

5. In this context, I take into account that it is impossible to have a member of the organisation near me at all times to help me, so there will be many occasions when I will have to solve problems myself.

6. That I will assess if in addition to the minimum compulsory material required I should add something else that I may need depending on my physical capacity and the weather forecast. I accept that it is not the Organiser's responsibility to inspect or supervise my competition material, so I alone am responsible for carrying all the material required by the organisation.

7. That I am aware of and undertake to comply with the safety rules and protocols established by the Organisation, as well as to behave responsibly so as not to increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions taken by those responsible for the Organisation (judges, doctors, organisers and/or volunteers) in matters of safety.

8. That I authorise the Medical Services of the race to carry out any treatment or diagnostic test that I may need, whether or not I am in a position to request it; I agree to abandon the race if they deem it necessary for my health.

9. That, before or during the race, I will not consume prohibited substances, considered as doping by the athletics and mountain federations.

10. That my race bib is personal and non-transferable and that it cannot be worn by another participant or any other person in my place.

11. That I will accept and comply with all the rules and safety measures that the organisation will have to apply in accordance with the legislation in force at the time of the race in relation to the COVID-19.

In Alcoi, (date)

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Name:

Identity Number:

SIGNATURE:



## ANNEX II ROUTOMETRE

ROUTOMETRES ATTACHED IN SPECIFIC DOCUMENT

LINK TO THE ROUTE PLANNERS:

[RUTÓMETRO 2025](#)

**"PROVISIONAL ROUTE PLAN, MAY UNDERGO SOME VARIATION UNTIL THE FINAL ROUTES ARE ACCEPTED".**

## ANNEX III PREVENTION OF SEXUAL VIOLENCE

We declare zero tolerance towards violence and we want to guarantee the right of all female runners to enjoy a safe and healthy sporting environment, free from all types of violence, including sexual violence, assuming responsibility for the protection and safeguarding of their rights.

Below are the situations, behaviours and attitudes that involve sexual violence and are therefore **considered unacceptable at Ultramediterrània**:

### Verbal Communication:

- Sexist, derogatory or inappropriate comments:
  - ◆ Questioning or ridiculing women or sportswomen because they are women
  - ◆ About some aspect or characteristic of the body
  - ◆ About the way they dress
- Foul language, swear words and expressions of a sexual nature
- Sexual slurs and insults
- Jokes, jokes or taunts that ridicule women
- Homophobic, lesbophobic and transphobic expressions, jokes and opinions that allude to the athlete's sexual orientation
- Aggressive expressions that provoke discomfort

### Non-verbal communication:

- Insistent leering
- Whistling
- Facial or bodily expressions
- Inappropriate use of technology

### Physical contact:

- Excessive and inappropriate closeness
- Touching of certain parts of the body
- Pinching and slapping
- Forced kissing
- Non-consensual sexual acts
- Rape and attempted rape

### Other situations:

- Asking questions about sex life
- Intruding into private life